

◆ The Senior Chatter ◆

Volume 13, No. 12

Menasha Senior Center, Menasha, WI

December, 2009

Dates to remember this month:

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Special notice from
your Winnebago Co.
Benefit Specialist

Help available with Medicare premiums

Special programs can cover your Medicare premiums and protect you from the drug plan "Donut Hole"

Beginning in January 2010, new income and asset limits have increased to enable eligibility to more beneficiaries for the MEDICARE SAVINGS PROGRAM.

What can the MEDICARE SAVINGS PROGRAM do for you? Based on higher limits for income and assets beginning January 2010, you may qualify to have the State pay your Medicare premiums, co-payments and deductibles.

If you qualify for any of the MEDICARE SAVINGS PROGRAMS, you will also automatically qualify for additional assistance with your MEDICARE PART D prescription drug costs as well. *You may qualify to have lower or \$0 premium Part D coverage with NO GAP AND LOW CO-PAYS!!!*

To inquire about these increased income and asset limits to see if you qualify, please contact your Benefit Specialist,

Candace Corbett,

Neenah Dept. of Human Services at 729-2749

or

Joan Jaworski,

Oshkosh Dept. of Human Services at 236-4685.

Give YOURSELF a gift this holiday — laughter

Editor's note: I thought this would make a great New Years resolution article, but instead decided you could use it as a Christmas gift to yourself.

A study has shown that 70-90 percent of us feel stressed at work and in our personal lives. Today's fast-paced lifestyle—including the holidays—puts a toll on us. It's a good time to start including daily doses of humor and laughter in your life.

Sure signs that you are under stress:

- You can achieve an 'athlete's high' by just sitting up
- It appears that people are speaking to you in code
- You believe that if you concentrate hard-you can fly
- You listen to relaxation tapes on high speed

Why would you want to use humor as a coping mechanisms and to help relieve stress? Well ...

- ✓ It's FREE
- ✓ You get immediate results
- ✓ It takes no special talent, ability or skill
- ✓ You don't need a degree, diploma or license
- ✓ It's fun
- ✓ It makes you feel good
- ✓ It's cholesterol and fat-free, and
- ✓ You don't need batteries!

Humor, jokes, a good laugh—they make you forget, to re-evaluate the most gloomy and stressful moments. It has been scientifically proven that laughter helps to alleviate physical and emotional pain. Doctors tell us to keep our spirits high, to laugh more and we'll be healthier and heal faster.

Laughter is a physical phenomenon, while humor is a perceptive belief. Laughter causes you to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. Humor provides mental stimulation that can improve one's mood, sometimes lasting for a prolonged period.

Continued on page 12

Welcome to the *Senior Chatter*



Menasha Senior Center
116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us

Web site:

www.menashaseniorcenter.org

Senior Center Supervisor Sylvia Bull
 Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:

Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke Barbro Whiting
 Ruth Jerome Terry Czerwinski
 Norma Heinz

City of Menasha Committee on Aging:

Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski Roy Rogers
 Joyce Klundt Sue Steffen
 Lee Murphy Jean Wollerman
 Sue Nett Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **\$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.

-Health screenings offered monthly at MSC

-Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from 1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:

For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:

County Resource Directories

SeniorCareRx Applications

File of Life

Community Resource brochures, info.

Mini-Library: Resources, books, videos, puzzles

Computers: Internet access; available 8a-4p (except Weds 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for \$4.00 a year!

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Any questions or concerns ? We can help.

OPTIONS & SOLUTIONS DAY AT VALLEY VNA

Do you have something you would like to talk to an RN about?
Do you want to learn more about issues facing seniors today?

Stop by and visit with a VNA nurse -

4TH FRIDAY OF EACH MONTH 1-3 PM
1535 Lyon Drive Neenah

This program is FREE and open to
the public.

Call for more information - 727-5555 or visit us online -
www.valleyvna.org



"Spread Cheer, Not Germs this Holiday Season"

With flu in our midst, you may be wondering if you should have that holiday get together. The answer is yes, it is possible to entertain without making everyone wear surgical masks. Socialization and getting together with family and friends is so important to not only your mental well-being but looking forward to events can actually help boost your immune system. Below are some practical suggestions that will help prevent the spread of germs:



- Keep things clean
- Be careful with finger foods
- Forget the punch bowl
- Reconsider the mistletoe
- Place bottles of hand sanitizer which contain at least 65% alcohol and boxes of tissue at various locations in your home and be sure they are in plain sight.
- Be sure people know where the restroom is so they can wash their hands.
- For party foods - think single servings.

Menasha Senior Center **DECEMBER 2009**

Vol.13 No. 12, 2009

Menasha Senior Center

Senior Chatter

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Wii 11:20 Meals 12:00 Agility exercise	2 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard <div>1:00 VNA Foot care</div>	3 8:30 Oil Painting 10:00 BensSpec 11:20 Meals 12:30 Cribbage 1:00 Bridge	4 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
7 9:00 Computer 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 12:30 Men's cards	8 10:00 Wii 11:20 Meals 12:00 Agility exercise	9 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	10 7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 10:00 BensSpec 11:20 Meals 12:30 Cribbage 1-7pm Doggie Photos	11 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
14 9:00 Computer class 9:30 Line Dancing 10:30am Nutro Bingo 11:20 Meals 12:30 Card making class 12:30 Men's cards	15 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:15-3:00 Blood Pressure ck 2-4:00 Christmas Party	16 9:30 Line dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	17 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care	18 10:00 Wii 11:20 Meals 1:00 Quilting 12:30 <i>Hand&Foot</i>
21 9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble 12:30 Men's cards	22 9:00 Newsletter Assem. 10:00 Wii 11:20 Meals 12:00 Agility exercise 1:00-3:00 Christmas Bingo	23 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	24  Merry Christmas Happy Holidays	25
28 9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards	29 10:00 Wii 11:20 Meals 12:00 Agility exercise	30 9:30 Line dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	8:30 Oil Painting 11:20 Meals 11:45-12:00 New Year Noon Countdown 12:30 Cribbage 1:00 Bridge	1 CLOSED HAPPY NEW YEAR

Note from Staff. . .

Dear Friends,

*Peace, Beauty, Warmth,
Wonder, and Joy . . .*

*. . . May your holidays and new
year bring you all of these.*

**Merry Christmas
Happy New Year**



Sylvia Bull Barb Taylor

Christmas is about giving

"There is no greater gift that we have to give than ourselves.

You are Christmas —every time you go out of the way to give that extra special service.

You are Christmas —every time you speak a word of kindness and faith to someone along a difficult road.

You are Christmas—every time you pray a prayer for those who need a very special blessing."

Author Unknown

"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

Norman Vincent Peale

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month."

Harlan Miller

"It is the personal thoughtfulness, the warm human awareness, the reaching out of the self to one's fellow man that makes giving worthy of the Christmas spirit."

Isabel Currier

"They err who thinks Santa Claus comes down through the chimney; he really enters through the heart."

Mrs. Paul M. Ell

Countdown to the New Year

Celebrate with us!

Join us on **Thursday, December 31**. We'll raise our glasses filled with "good cheer" and count down to 12 noon and wish one another a happy new year.

Besides the good meal served on that day (by the Winnebago Co. Nutrition Program) we'll have holiday snacks, games and door prizes.

To attend, you need to reserve a meal by noon on Wednesday, Dec. 30. Suggested donation for the meal is \$3.00. Call 967-5262 for a reservation.

11:00 Celebration starts

11:20 Lunch served

11:45 Door prizes

11:59 Countdown



Wear a party hat and toot your horn. Best part of this is that you don't have to stay up late!!

Call us at MSC if you have questions. 967-3530

In January 2010— watch for an Intro. to Radio Acting class as well as a Radio Program Show with *Shooting Starzz's*, Melissa Suttner.

A Snap Shot with Santa

dog's

Get your picture taken with Santa at the Menasha Senior Center!

Thursday, December 10 1:00 - 7:00pm

Only \$5.00 for that "picture perfect moment". A digital photo taken by certified Agility Paws-On dog trainer, Heidi Taylor, includes a handmade holiday picture frame. (To insure quality printing, pictures will be ready next day for pickup.)

Call 967-3500 to make a reservation.

RAFFLE - tickets \$1

1st prize - basket of fun dog toys

2nd prize - free 2 wk behavior. mod. class

3rd prize - free 1/2 hr. dog walking

Doggie
treats for
sale.

Proceeds benefit MSC programming

Health Corner

By Valerie Davis RN, 60 Plus Program

Hypothermia: A cold weather hazard for seniors

Almost everyone knows about winter dangers such as broken bones from falls on the ice. But cold weather also can cause an important, less obvious danger that affects many older Americans. Older adults are especially vulnerable to hypothermia, which can be deadly if not treated quickly. This drop in body temperature often is caused by staying in a cold place for too long..



Every year, hypothermia kills about 600 Americans, half of whom are 65 and older, according to the Centers for Disease Control and Prevention. Hypothermia occurs when a person's body temperature drops below normal and stays low for a prolonged period of time. With advancing age, the body's ability to endure long periods of exposure to cold is lowered.

Older people also are at risk for hypothermia because their body's response to cold can be diminished by certain illnesses such as diabetes and some medicines, including over-the-counter cold remedies. In addition, older people may be less active and generate less body heat. As a result, they can develop hypothermia even after exposure to relatively mild cold weather or a small drop in temperature.

The best way to identify someone with hypothermia is to look for confusion or sleepiness, slowed or slurred speech, shivering or stiffness in the arms and legs, weak pulse or low blood pressure, or poor control over body movements or slow reactions. If you suspect that someone is suffering from the cold and you have a thermometer available, take his or her temperature. If it's 96 degrees or lower, call 911 for emergency help.

To prevent hypothermia, make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in older people.

60 Plus Health Program Blood Pressure Screenings

Schedule for December 2009

Menasha Senior Center

Tues. December 15
1:15 – 3:00 pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

A problem exists with prescription & over-the-counter drugs

Who has the problem?

Although the use of tobacco, alcohol and illicit drugs among youth has declined from 2002 through 2008, over this time many teens have turned to misusing prescription drugs. In fact, prescription drugs are misused more by this age group than any illicit drug, except marijuana. The nonmedical use of these medicines—the very same drugs used to legitimately relieve pain, and treat conditions like anxiety, depression, sleep disorders, or ADHD in some people—is a growing and under-recognized problem that puts young lives at risk.

Prescription drugs found in homes across the country have become *the new drug of choice* among teens, and *every* teen is at risk.

Good drugs gone bad—the source?

The family medicine cabinet!! Seventy percent of people age 12 and older who abuse prescription drugs say they get them from relatives and friends. Some are stolen, others are given freely and some are bought—from family and friends.

So....?

People do not realize that prescription medications are powerful drugs that, taken by people for whom they were not prescribed, in a manner that was not

Continued on page 7

Activities at MSC

Regularly scheduled activities:

(\$50 activity user fee)

- ◆ **Bingo:** Quarterly bingo parties.
- ◆ **Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. \$1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.
- ◆ **Card Games:** *Men's Sheephead* (not for beginners) - Mondays at 1:00pm, (Sept.—May); *Hand & Foot* - Fridays at 12:30pm; *Bridge* (not for beginners) - Thursdays at 1:00pm; *Texas Hold'em* Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm; \$.50 for card games.
- ◆ **Quilting Group:** Meet Fridays 12:00-2:00pm.
- ◆ **Weight loss grp:** Wed. mornings 11:00am \$.50
- ◆ **Shuffleboard:** Wednesdays 12:30-3:30pm \$.50
- ◆ **Computer Classes:** One-on-one individualized instructions. Monday mornings. Call 967-3530. Call for class fees.
- ◆ **Greeting card class:** Every 2nd Monday 12:30-3:00pm. \$2.00. Supplies available.
- ◆ **Computer Lab:** Computers are available for use during center's working hours (*except* Wed. afternoons).
- ◆ **Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:00-11am; \$.50.
- ◆ **Scrabble:** 1st and 3rd Mondays at 12:00pm. \$.50

Drugs continued from page 6

intended by the manufacturer, or in combination with other substances like alcohol, these drugs can be hazardous and even deadly! Prescription drug abuse and misuse has silently risen to become one of the most serious prevention issues in the country.

We are no stranger to that trend here in Wisconsin. In a recent press conference, WI Attorney General J.B. Van Hollen stated, "sixty (60) percent of our teenagers report that they have access to controlled substances in and around their homes. None of us would drop our kids off at a 'drug house', yet many of us do not safeguard our own prescription drugs." A teen may have a harder time getting to the prescription drugs in their own home, but they probably

Upcoming events

January 19—RSVP "Senior Sez" game day with snacks, prizes and good fun. 1-3pm Free

Christmas Bingo Party

Tuesday, December 22

1—3 pm



Join us for a fun afternoon of bingo—with holiday snacks, door prizes, games and laughter.

Free—please call us at 967-3530 telling us you plan to attend so we can prepare accordingly.

Bring your family and friends.

know (and their friends know) if their grandparents or aunts and uncles use prescription drugs *and* they probably know exactly where to find them!

Some people may view this as a "victimless" crime—the only damage being done is to the abuser. But law enforcement in Northeast Wisconsin can attest to the fact that this is truly not the case. In recent years, they have investigated many thefts and burglaries where prescription drugs were the primary target. Money and jewelry were often by passed!

What can you do?

Think about your home. What prescription and over-the-counter drugs do you have? Where are they kept? Would you know if some were missing? The good news is that you can take steps immediately to limit access to these drugs and help keep your teen drug-free:

1. Safeguard all drugs at home. Monitor quantities and control access.
2. Properly conceal and dispose of old or unused medicines.
3. Remind friends and family to safeguard their prescription drugs as well.

Sources SAMHSA, Wisconsin TRICOM

Presentations to area service groups, churches, clubs, etc. on this subject can be arranged through the Menasha, Town of Menasha and Neenah Police Departments. Also contact the Winnebago County Sheriffs Dept.



TRIAD Tip

Officer Aaron Zemlock,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

Hello, my name is Aaron Zemlock and I have been given the privilege of serving as the next Crime Reduction Coordinator for the City of Menasha Police Department. I will strive to do my best and to keep up the fantastic working relationship Officer Jorgenson has created with you.

I was born and raised in the Fox Valley and am very proud of that fact. I attended college at U. W. Oshkosh and graduated in 1996 with a degree in Criminal Justice. I started working for the Menasha Police Department very shortly after that. As most officers do, I started out in patrol working various shifts. I stepped in as Police-School Liaison at Maplewood Middle School in 1998. While working in the school, I learned the importance of community groups working together and how powerful those partnerships can be. I look forward to building on that experience and being able to continue building a strong relationship between you and the police department.

I am a husband and a father to two wonderful children who make me smile (most of time) every day. I enjoy boating, cooking, and playing with my kids. I have a passion for genealogy as I believe our family history is very important. As you well know, the elders in our community are the keepers of vast amounts of knowledge and I enjoy every conversation I have with my wise older family members.

I am excited to be able to work with the seniors at the Menasha Senior Center and to continue to provide the same great service you have been accustomed to with Officer Jorgenson.

I look forward to meeting and working with you.



Welcome aboard, Aaron!!

Hmmm, you say you like to cook? Well, seniors love to eat — and we're always looking for help with our menu for our parties. Maybe you could get a few officers together (you as head chef) and could 'cook' up some ideas with us.

MSC Seniors

2009-10 TRIPS with MSC



Call 967-3530

Island Resort & Oneida

Dec. 17 & Dec. 18

With Nationwide Travelers. Call for specifics.

Trips 2010

✓ Menasha Senior Center will be a pick up point for the Nationwide Travelers Casino Tours. To Oneida starting January 9 through March of next year and the overnight casino tours direct to Island Resort and Casino, MI, starting January 14 through May.

These are "good deals". Ask at the MSC office for more information.

✓ We're going to see CATS at the PAC on Sunday, February 14 at 1:00pm. Cost is \$42.00.

A trip to Ripon is scheduled for July

Send us your trip ideas - know a unique place to visit - something different that everyone might enjoy - a reasonable 3-4 day trip?




He who has no Christmas in his heart will never find Christmas under a tree.

BIRTHDAY GIFT

Have a birthday in **December** Stop in the office with your ID during the month and pick up your birthday gift.





One day a teacher asked her students to list the names of the other students in the room on two sheets of paper, leaving a space between each name. Then she told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers.

That Saturday, the teacher wrote down the name of each student on a separate sheet of paper, and listed what everyone else had said about that individual. On Monday she gave each student his or her list. Before long, the entire class was smiling. "Really?" she heard whispered. "I never knew that I meant anything to anyone!" and, "I didn't know others liked me so much." were most of the comments.

No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in Viet Nam and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature. The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin.

As she stood there, one of the soldiers who acted as pallbearer came up to her. "Were you Mark's math teacher?" he asked. She nodded: "yes" Then he said: "Mark talked about you a lot." After the funeral, most of Mark's former classmates went together to a luncheon along with the teacher. Mark's mother and father were there; they were waiting to speak with his teacher.

"We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it." Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's classmates had said about him.

"Thank you so much for doing that," Mark's mother said. "As you can see, Mark treasured it."

All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home." Chuck's wife said, "Chuck asked me to put his in our wedding album." "I have mine too," Marilyn said, "It's in my diary."

Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said and without batting an eyelash, she continued: "I think we all saved our lists."

That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who would never see him again. So please, tell the people you love and care for, that they are special and important.

Don't wait.

Alten Haus Assisted Living

625 and 635 Bondow Dr.
Neenah, WI 54956

Email: Altenhaus@new.rr.com

Web Site: altenhaus.com

Contact Anne Altenhofen-Krause for a tour
920-470-9040



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To: All Employees

From: Management

RE: Office conduct during the Christmas season

Effective immediately, employees should keep in mind the following guidelines in compliance with FROLIC (Federal Revelry Office/Leisure Industry Council).

1. Running aluminum foil through the paper shredder to make tinsel is discouraged.
2. Playing Jingle Bells on the push-button phone is forbidden (it runs up an incredibly long distance bill).
3. Work requests are not to be filed under "Bah Humbug."
4. Company cars are not to be used to go over the river and through the woods to Grandma's house.
5. All fruitcake is to be eaten BEFORE July 25.
6. Eggnog will NOT be dispensed in vending machines.

The staff is encouraged to have a Happy Holiday!



Christmas trees for Sale

The Menasha Senior Center is selling these lovely Christmas greeting card trees made by center volunteers. They make a wonderful gift.



Cost is \$8.00.

Stop in the center.

Funds raised benefit MSC programs and services.

Can you help us sell them?



Menasha Senior Center's

Christmas Party



Tuesday, December 15 2-4pm

Deadline: Dec. 11

Entertainment:

"Pioneer Memories"

Enjoy a visit with Laura Ingalls Wilder. Listen as she shares her memories and experiences of life as a pioneer girl in the late 1800s.

Sip on coffee or tea with Laura, portrayed by Pat Day, and snack on hors d'oeuvres while discussing the trials and tribulations of her life on the prairie.

Cost: \$3.50

Or \$3.00 plus a canned good/pantry food item to give to a local food pantry

Christmas Decoration Raffle/\$1

Holiday music by Burt Milligan

One never knows

A priest is walking down the street one day when he notices a very small boy trying to press a doorbell on a house across the street. However, the boy is very small and the doorbell is too high for him to reach.

After watching the boy's efforts, the priest steps smartly across the street, walks up behind the little fellow and, placing his hand kindly on the child's shoulder, leans over and gives the doorbell a solid ring.

Crouching down to the child's level, the priest smiles benevolently and ask, "And now what, my little man?" To which the boy replies, "Now we run!"

Evaluations

Clara: My pastor is so good he can preach on any subject for an hour.

Sarah: That's nothing? My pastor can talk for an hour without a subject.

Right in the middle of his sermon, Pastor Phillips noticed a member of his congregation get up and leave the sanctuary; then he returned before the closing hymn.

Afterwards, Pastor Phillips asked "Where did you go, Bob?" "I went to get a haircut," he said. "But why didn't you do that before the service?" asked the reverend. "Because I didn't need one then." Bob replied.

I'd rather be ...

I'd rather be a Could-Be
If I cannot be an Are;

Because a Could-Be is a May-Be
Who might be reaching for a star.

I'd rather be a Has-Been
Than a Might-Have-Been by far,

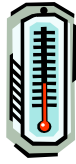
For a Might-Have-Been has never been
But a Has was once an Are !

~Milton Berle

For some people, listening to their conscience is like taking advice from a total stranger

Lee—I'm running low on jokes!!! Thanks, Editor.

THERMOSTATS



Cold weather is coming and it may affect your comfort level at the center. Some may find the facility warm, and for others, it may be cool. We try to keep the building comfortable, but not everyone has the same internal thermostat. Please dress appropriately—bring a sweater; dress in layers.

Laughter continued from page 1

What to do?:

- Watch funny movies or videos
- Listen to funny audio tapes
- Tell a funny joke; share a funny experience
- Read humorous books
- Watch TV comedies
- Find the humorous cards in the greeting card isle in the store
- Get together with friends (a “humor” party stipulating that it is to be a fun event—no whining)
- Be creative

Thank you! ❤️

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a ‘thank you’ list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone’s name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

- NOTICE -

We will schedule another informal presentation discussing the activity user fee changes for 2010 at the senior center on **December 21 at 10:00am**

Everyone is welcome. Bring your questions. Bring your ideas.

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The Senior Chatter

December 2009 Issue Vol. 13, No. 12

Santa Claus has the right idea.
Visit people only once a year.
~ Victor Borge



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